

Vegan sukiyaki

Sukiyaki is a Japanese dish which is usually served with meat, but this vegan version is equally hearty and delicious. Here's how to make it.



Image Supplied

Ingredients

- One cup mirin
- One cup sake
- 1/4 cup brown sugar
- One cup tamari or wheat-free soy sauce
- Three spring onions, sliced
- One tbsp coconut oil
- Two handfuls shimeji mushrooms (not all separated)
- Two handfuls pak choi, rinsed
- Two handfuls sliced Napa or Chinese cabbage
- Half packet Vermicelli noodles
- Fresh coriander
- One lime

Instructions

1. Heat one large deep pan or wok over medium-high heat.
2. Combine the mirin, sake, soy and sugar in a bowl and set aside.
3. Place spring onions and coconut oil in the pan. Sauté for a minute, then add one cup of the sake mixture.
4. Add the mushrooms, pak choi and cabbage to the pan. In the meantime, soak the vermicelli noodles in water for five minutes. Then add to the pan with the vegetables.
5. Add the rest of the sake mixture and cook for a further five minutes.
6. Serve noodle mix with fresh coriander and a squeeze of lime juice.

*You can add tofu to this dish for extra protein. Just sauté in the beginning before the spring onions.

Recipe: Amy Hopkins for HSI, Africa

For more, visit: <https://www.bizcommunity.com>